

Christian Science Sentinel

August 21, 1976

Vol. 78, No. 34

50¢

"What I say unto you I say unto all, WATCH."—Jesus

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Founded in 1898 by Mary Baker Eddy,
Author of the Christian Science Textbook,
Science and Health with Key to the Scriptures



Marca Registrada

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“What I say unto you I say unto all, WATCH.” Jesus

What Have We Inherited?

HAROLD E. MARIETTA

How many of us realize that when Christ Jesus used the name “Father” for God he challenged every phase of what is called the law of heredity? His words “Call no man your father upon the earth: for one is your Father, which is in heaven”¹ require that we consider ourselves as we are in truth—spiritual, made in the likeness of our Father-Mother God.

The perfect man of God’s creating is described by the Discoverer and Founder of Christian Science, Mary Baker Eddy, in this way: “In Science man is the offspring of Spirit. The beautiful, good, and pure constitute his ancestry. His origin is not, like that of mortals, in brute instinct, nor does he pass through material conditions prior to reaching intelligence. Spirit is his primitive and ultimate source of being; God is his Father, and Life is the law of his being.”²

We can each one of us prove there is presently available a richer

inheritance than the human sense of life can provide. This inheritance is God-bestowed, and it is truly substantial, indestructible, and eternal, for it is wholly spiritual. Christian Science shows the real, or spiritual man, governed by the irrevocable law of God, infinite good, is here and now the heir of all goodness. This man is the son of God, His idea, and is therefore always in full possession of spiritual freedom, of health, joy, wisdom, abundance, peace. Man, truly and scientifically understood, is not material and mortal. He does not live in a material body but in infinite Mind, God. He is the expression of divine intelligence.

The man of God's creating is the embodiment of Soul, the Father-Mother God. Thus he is not and never has been under any condemnation. He suffers no taint of heredity, is conscious of no false environment, undergoes no erroneous education. His heritage is the infinite goodness of God. Divine Mind, his source, bestows on him intelligence, unerring wisdom, and understanding. Man reflects the divine government of Soul. Divine Truth is his only lawmaker, or controller; health and harmony are his only state. Real selfhood is the radiant reflection of boundless Love, ever at the standpoint of right activity and perfection. Being spiritual, immortal, and perfect, man is under no law of mortality.

A spiritual understanding of God's perpetual goodness, love, immediacy, and availability awakens us from the dreams of material sense. As we become conscious of the irrefutable facts of God's allness and the nothingness of evil, the spiritual inheritance that has always been ours is revealed. As Mrs. Eddy writes, "God could never impart an element of evil, and man possesses nothing which he has not derived from God."³

Man fully reflects both the Father and Mother qualities of his divine Parent. Thus spiritual strength and health, love and purity, peace, wisdom, and joy, belong now and forever by true inheritance to all individuals alike. Making this important point very clear in *Science and Health*, Mrs. Eddy counsels us, "Heredity is a prolific subject for mortal belief to pin theories upon; but if we learn that nothing is real but the right, we shall have no dangerous inheritances, and fleshly ills will disappear."⁴

The presence of good can be discerned and enjoyed by all of us who are willing to listen to God and to obey His direction. In

Christian Science we are provided with the means and methods for the demonstration of our true inheritance, and through this demonstration the temporal dream of materialism is destroyed.

If it seems we are being robbed of health and strength or that our faculties are being depleted, this is an opportunity for us to stand firm and to claim our unity with God. If we are being cheated out of what is rightfully ours, we can affirm with conviction that man's heritage is safe in God's keeping. These spiritual facts acknowledged are our defense against the depredations of materialism.

Perhaps we think we have inherited a bad temper and that it is a permanent part of our disposition. If God is creator, Father, where can an ungodly inheritance come from? Certainly not from God, who is our only source. We can constantly claim that God is our Mind and therefore that we cannot possess an inferior or mortal intelligence. There is only one Mind and therefore only one intelligence, one source of thought and action.

How foolish it would seem for one to live in poverty if he had a rich inheritance and needed only to claim it! Whoever feels himself burdened with sickness, fear, doubt, loneliness, and sorrow needs to awake to claim his rich inheritance of spiritual good. This inheritance is always present. The loving Father-Mother God bestows it without partiality upon every one of His children.

The law of God, Spirit, the Science of Christ, is in our midst today to lift the fear and suffering imposed by false material law. Through its healing ministry this divine Science is proving that man is spiritual and perfect now, the likeness of God, his altogether loving Father-Mother. From God, Spirit, alone, man derives his real and harmonious identity and being.

Mortal heredity, then, has neither reality nor power. Man, ever the pure and complete expression of God, his only creator, cannot sin or suffer, because he is wholly sinless and perfect now. So there is in reality no evil or inharmony to be handed down from one generation to another. In proportion as we accept and acknowledge our spiritual sonship with God as the only reality of our existence, regardless of all appearances to the contrary, we find that thought is cleansed and the body is released from the ills attributed to heredity.

God, the Giver of all good, is forever pouring forth good for His creation. In truth, our heritage is sufficient to meet every need. But we must claim this inheritance of good before we can utilize it. As we constantly and joyfully claim it, we see it manifested. We begin to prove the truth of the words from the hymn:

Since Thou, my God and Father,
Dost claim me as Thine own,
I richly shall inherit
All good, from Thee alone.⁵

¹ Matt. 23:9; ² *Science and Health with Key to the Scriptures*, p. 63; ³ *ibid.*, p. 539; ⁴ *ibid.*, p. 228; ⁵ *Christian Science Hymnal*, No. 135.

A higher perception of man

Cultivating True Appreciation

JOAN V. GERVILLE-RÉACHE

"It's easy to be nice when you're appreciated," the post office clerk said to the woman who had just thanked him warmly for the help he had given her. At the human level appreciation certainly does help to remove the kinks from our daily contacts with others. Seen from a higher standpoint, appreciation is a God-derived quality that does much more than just remove kinks.

True appreciation dissolves misunderstandings, eliminates confrontations, and unclogs the channels of communication so that the interchange of thoughts and ideas can flow freely.

Basically, appreciation is a matter of evaluating worth. Evaluation based on human opinion and material sense is always inaccurate. Mrs. Eddy says in *Science and Health*, "Finite sense has no true appreciation of infinite Principle, God, or of His infinite image or reflection, man."¹ Christian Science teaches us to evaluate our fellowman on the basis of his real worth as the image of God, using

the heightened perception of spiritual understanding to see this true man right where finite material sense presents the picture of a sick, sinning, or unlovely mortal.

The Bible contains many examples of how true appreciation operates in human experience to heal and bless. For instance, as long as Jacob's assessment of Esau was materially based, Jacob was afraid and fled from his brother. But when Jacob's nature was changed by glimpsing the truth of God and man, he was able to meet Esau and say to him, "I have seen thy face, as though I had seen the face of God, and thou wast pleased with me."²

As Jacob's story shows, communication between individuals or between groups of people can be a fragile thing, liable to disruption, when the evaluation of man as the son of God is lacking. Discords in human relationships melt away in the presence of right appreciation.

The various facets of the carnal mind, designated by Mrs. Eddy as mortal mind or error, are never worthy of appreciation. It is not these distorted pictures of man that we are called on to value. The demand is to raise our sights to the correct evaluation—to the higher perception of man as wholly perfect, a spiritual idea, created and governed by God, immortal Mind, the only Mind there really is.

True appreciation cannot be selective, it cannot operate on the basis of mortal preference, rank, or classification. It has nothing to do with flattery, which is but a sop to human pride. It cannot be exclusive, but must embrace everyone and extend to all mankind.

True appreciation doesn't ignore the human need. On the contrary, it demands that we respect and honor those around us with tender regard, meeting them where they are, while at the same time we evaluate them spiritually on the basis of their true identity as sons and daughters of God.

Are we sometimes in such a hurry that we fail to stop and say the word of comfort or appreciation our neighbor may be longing to hear? Are we unwittingly bruising another's sensibilities?

It is helpful to appreciate the function the individual is fulfilling as well as the individual himself. Haven't we all, at one time or another, been annoyed by the officiousness of some person intent on carrying out his duties to the letter, by the curtness of an official, or by a stupid mistake someone has made at our expense? Have

we paused to see the situation from the other person's point of view? Have we stopped to appreciate the value of the work or the service the individual is performing? Maybe it is a lowly job, but one essential to the harmonious functioning of a whole operation. Evaluating the job justly from the standpoint of Christlike compassion leads naturally to a fairer evaluation of the individual performing the job—an evaluation based on the truth of man as the child of God.

Among the mean and selfish traits that rob us of true appreciation of others, and therefore of our ability to communicate with them, are self-centeredness, criticism, systematic denigration, and prejudice.

Prejudice is particularly pernicious. It's so subtle. It may be suggested by human opinion, by one's own human reactions to people, by hearsay, by what is heard through the grapevine or gossip. The corrosive influence of prejudice has more than once caused me to resist meeting certain people or getting to know them. But when I have made a sincere effort on the basis of the Golden Rule to overcome this unnatural resistance, I have found warm and valued friends. There can be no real communication with our neighbor when our thought is warped by prejudice. Christ Jesus said, "Judge not according to the appearance, but judge righteous judgment."³ And Mrs. Eddy writes, "In a world of sin and sensuality hastening to a greater development of power, it is wise earnestly to consider whether it is the human mind or the divine Mind which is influencing one."⁴

There is another aspect of appreciation that is vitally important: proper appreciation of ourselves. Self-depreciation is not humility. It's a devilish intrusion on one's peace of mind. It would rob us of our ability to express our true potential.

Once when I was asked to accept a challenging new assignment in my profession as a journalist, my first reaction was, "Oh, no, not me. I couldn't possibly do that!" I didn't see how I could take the place of the individual who had previously been in that post and had filled it with outstanding success. I shall always be grateful for the understanding comment of my editor, who said: "We are not asking you to take anybody else's place. We are asking you to be yourself."

So I went ahead and accepted. But after six weeks I felt I

couldn't go on. Each day seemed to be an uphill battle as I struggled desperately to meet my deadlines. At that point, I had a talk with a Christian Science practitioner, who told me that when faced with a new assignment he would ask himself: "Am I seeing myself as a mortal with limited capabilities, or am I seeing myself as a child of God, reflecting the infinite capacities of the divine Mind?"

That broke the mental restrictions and the misery I had inflicted on myself. The way now was clear. I saw I must strive consistently to evaluate myself as God's reflection and look to God, infinite Mind, the only intelligence, for the ideas and inspiration I needed to carry out my writing assignments. From that time on the job opened up new horizons for me, fields of interest broader and more satisfying than anything I could have outlined.

Haven't we all at one time or another felt that our conscientious efforts or those of our loved ones have been unappreciated, undervalued, or unrewarded? At such times let us ask ourselves: Are we seeking to please God or man?

Jesus said in the Sermon on the Mount, "Thy Father, which seeth in secret, shall reward thee openly."⁵ In this is divine assurance that God, our Father-Mother, is forever appreciating and cherishing the integrity, the total worth, of each of His sons and daughters and that our reward is certain. Our value as God's ideas is incalculable. It can never be measured, outlined, or restricted by human standards. No taint, no blemish, no deterioration, can corrupt or diminish it.

No one need be deprived of expressing God-directed appreciation or of experiencing it. Acknowledgment of the spiritual facts of being will bring into our lives the warm glow of true appreciation and the rewards that go with it.

¹ *Science and Health*, p. 300; ² Gen. 33:10; ³ John 7:24; ⁴ *Science and Health*, pp. 82-83; ⁵ Matt. 6:18.

Welcome Home!

JOHN E. CHEAL

Have you seen the photograph generally known as the "Balcony Portrait" of Mary Baker Eddy, the Discoverer and Founder of Christian Science? It was taken in 1903 when members of The Mother Church, in attendance at the Annual Meeting, accepted Mrs. Eddy's invitation to visit her at "Pleasant View," her home in Concord, New Hampshire.

We can almost hear the opening words of our Leader's address as she said, with hands outstretched: "Welcome home! To your home in my heart!"¹ A year later, when a group of her followers came to see the new Concord church, Mrs. Eddy wrote to the press, "The number of visitors, about four thousand, exceeded my expectation, and my heart welcomed each and all."²

What a tender and expansive sense of love our Leader expressed! What an example for all of us—for every church member, every officer, every committee worker! What a challenge to open our hearts and provide a loving home there for every attendant at our church services, every pupil in our Sunday School, every visitor to our Reading Room, indeed to everyone in our community! What waves of tender love would radiate within and without our churches and communities if we earnestly followed Mrs. Eddy's example and sincerely greeted all who enter the precincts of our thought with the benediction, "Welcome home!"

"The vital part, the heart and soul of Christian Science, is Love,"³ writes Mrs. Eddy in *Science and Health*. As capitalized in this sentence, the word "Love" refers not to a limited, personal sense of love, but to that universal divine Love which is God, our Father-Mother. The love Mrs. Eddy expressed so tenderly to her followers at "Pleasant View," and to all mankind in all ages through her writings, was the pure reflection of the mother-love of God. It was

the spontaneous manifestation of divine Love, pure Spirit, all-encompassing Soul. This is the love which, when understood, comforts, uplifts, and heals the hearts of men—of all who come within its radius. It outshines the darkness of fear and hate and destroys sin, disease, and death.

It is in divine Love that each one of us can find our home and heaven, our health and happiness, here and now. It is there that we can discover the true sense of security and peace and find our place and purpose. Divine Love, being infinite, is ever present. It is universal, eternal, the very source and substance of our being, our enduring dwelling place. We are all embraced in the heart and home of omnipresent Love.

Because Love is “the heart and soul of Christian Science,” it must be proved to be the heart and soul of every Christian Scientist. The author of *I John* wrote: “Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love.”⁴ Love is not something to be absorbed, but reflected; not something to be possessed and hoarded, but expressed and shared. Love being synonymous with Life, having it is living it. Our standard of living may be measured by the dimensions of our love, as Christ Jesus indicated in the Sermon on the Mount.

We might well ask ourselves the questions: Is there a home in my heart for anyone but me? Do I really provide a home for others, or just a place? Do I furnish my welcoming thought with the beauty of holiness, the comfort of compassion, the grace of gratitude, the peace of prayer? How wide is the circle of my love? How tender are its depths?

The universality, as well as the impartiality, of God’s love was clearly demonstrated for my family and me one rainy night when we were traveling in Austria and hotels were filled. An off-duty policeman offered to drive with us to the suburbs and arrange accommodation for us there in the apartment of friends. His friends not only gave up their bedrooms and went to stay with neighbors, but provided an electric fire for added comfort. Differences of nationality and language proved no obstacle to love. Whenever hearts are opened to receive a stranger, our Father-Mother Love is saying, “Welcome home!”

Are we afraid to open our hearts to the stranger? Are we afraid that our privacy may be invaded, our personal rights taken advantage of? Is it possible for evil to trespass on Love? Human love may seem to be vulnerable, because it may include such elements as sentimentality, selfishness, sympathy with error, or lack of wisdom. But it is divine Love we are called upon to express. Divine Love is synonymous with all-intelligent, infinite Mind, all-wise, eternal Truth. Divine Love provides us with the armor of light; it can never be imposed upon.

Isaiah has given us the challenge, "Enlarge the place of thy tent, and let them stretch forth the curtains of thine habitations: spare not, lengthen thy cords, and strengthen thy stakes; for thou shalt break forth on the right hand and on the left; and thy seed shall inherit the Gentiles, and make the desolate cities to be inhabited."⁵

¹ *The First Church of Christ, Scientist, and Miscellany*, p. 170; ² *ibid.*, p. 173; ³ *Science and Health*, p. 113; ⁴ I John 4:7, 8; ⁵ Isa. 54:2, 3.

Still Waters of Prayer

EVELYN D. BERTOLET

"When in deep water—keep your mouth closed." There is wisdom in this humorous advice. Mortals are prone to react to challenges with discussion or rumination. In family problems, church problems, business problems, even in times of national crisis, more time is often given to "street corner" discussion of the ordeal itself than to prayer and spiritual reasoning.

The beloved twenty-third Psalm includes the statement, "He leadeth me beside the still waters."¹ How often do we, when faced with scenes of angry strife or swirling currents of mortal thought, take time to find "the still waters" of prayer for our

needed inspiration? Instead of invoking mental quiet, do we sometimes try to work in the middle of the stream of disturbing human evidence, frightening mortal laws, and perverse human behavior? At such times we need the guidance of divine Mind to lead us to safe waters of clear, scientific thought, or we may find ourselves resorting to anger or stubborn human will instead of to spiritually based inspiration.

Christian Science teaches us to turn to God, divine Mind, for every answer and to trust His infinite wisdom with our need for protection or guidance. The answers we need to immediately solve a problem come to us through thought, so one can easily see the necessity of stillness in order to be receptive to Mind's right ideas. Mrs. Eddy tells us: "In order to pray aright, we must enter into the closet and shut the door. We must close the lips and silence the material senses."²

As soon as we realize that the answer to every problem or need is to be found only with God, we will begin to surrender fear and look away from the difficulty, seeking a higher basis from which to view experience. In the stillness of communion with divine Spirit we can begin to reason from an entirely spiritual standpoint, and this forces us to discount the testimony of material sense.

In the true, spiritual order revealed by Christian Science the verity of God's, good's, allness and omnipotence precludes the possibility of inharmony, mistakes, hateful mortal will, or whims of chance. The fact that God is unchanging Love rules out the opportunity for hate, envy, or greed to operate or to control. The perfection of God as Soul signifies that all talent and the ability to express creativity, originality, and precision are always within God, Spirit, and are reflected by His idea, man. As we recognize these facts and know that divine Mind is ever expressing wisdom, order, and activity in man, we can let go of human willfulness and plan intelligently. We can look far beyond the range of the immediate situation straight into infinite, unchanging Truth and see that divine law maintains justice, honesty, integrity, and prohibits duplicity and deceit. There is no circumstance that cannot be set right, no relationship that cannot be healed, if we are willing to persist in staying on the side of Truth and silencing every false law presented to thought.

Praying along these lines is vital if our day-to-day experience is to manifest increasing peace, success, and progress. Reacting to difficulties with human will, pride, anger, or self-righteousness increases our sense of error and indicates the need for a more spiritual approach.

Even when we seem to be making swift progress, we need the discernment of true values that comes from quiet prayer. Mrs. Eddy writes: "Small streams are noisy and rush precipitately; and babbling brooks fill the rivers till they rise in floods, demolishing bridges and overwhelming cities. So men, when thrilled by a new idea, are sometimes impatient; and, when public sentiment is aroused, are liable to be borne on by the current of feeling. They should then turn temporarily from the tumult, for the silent cultivation of the true idea and the quiet practice of its virtues."³

We should never be dismayed because at some particular point we do not see a way out or an answer to our prayers. As we continue to seek a higher quality of thought, derived from Spirit instead of mortal fancy, and as we persist in ruling out criticism of others or placing blame on persons or circumstance, it is inevitable that we will triumph, and harmony will be manifested.

But when we find ourselves unnecessarily repeating and discussing a situation and rehearsing its discordant aspects, we may still be seeking a solution of our own outlining. Mortal mind would tempt us to delight in dwelling on details of discord. Allowing thought to dwell on what is mere false opinion and belief, we promote that which denies the divine government. This is the time to recognize that anything claiming reality apart from God is never more than erroneous mental suggestion, not a fixed fact.

Opening our thought to discord, we take in what is illusive and the cause of all inharmony—belief in a mind other than the one divine Mind. In proportion as we do this, we limit our ability to demonstrate divine Mind's control.

Christ Jesus was able to silence the shouts of mortal sense. He stayed serenely, quietly, patiently above the mesmeric warfare opposing itself to God's law of constant harmony. He dispatched evil's arguments in few but final words. He took time for silent prayer, listening for divine messages with which to counteract material evidence, and he was successful. His words were supported by works

of healing, proving the correctness of his teachings based wholly upon Spirit as the only power. When speaking to the woman of Samaria at Jacob's well, he said, "Whosoever drinketh of this water shall thirst again: but whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."⁴

So as we stop talking, even to ourselves, of evil's false testimony and listen humbly for the true spiritual tone, we will find answers that satisfy, even beyond what seems our immediate need.

The last line of the twenty-third Psalm is given this interpretation by Mrs. Eddy in *Science and Health*: "Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house [the consciousness] of [LOVE] for ever."⁵ When we seek God in silent prayer, He leads us "beside the still waters" into spiritual depths of quietness and rest. With staff and rod, He never falters in guiding us safely home to the pure consciousness of Love.

¹ Ps. 23:2; ² *Science and Health*, p. 15; ³ *No and Yes*, p. 1; ⁴ John 4:13, 14; ⁵ *Science and Health*, p. 578.

Neither mote nor beam

Removing Obstructions

JOYCE ROSEBERY

A log across a highway can impede traffic until the log is removed. Have you ever thought of faults of character as being loglike barriers to spiritual progress, blocking one's way to perceiving spiritual perfection?

In Christ Jesus' great Sermon on the Mount we are directed: "First cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother's eye."¹ The Revised Standard Version uses the words "log" and "speck" instead

of "beam" and "mote." The Master's words point up a major task confronting those who long to follow his example and help and heal suffering humanity.

In my youth I had a sincere desire to know how to lead a better life—what to do to get rid of my faults and improve my disposition. From kindergarten days I had been taught the Ten Commandments and had been told stories from the Scriptures. We were exhorted to be good and to do good, but "How?" I wondered.

I found my answer in Christian Science. This Science teaches that man reflects the perfect nature of God, because God created man in His own likeness. So we can understand that because God is Spirit, man is in reality spiritual, and all the lovely graces of Spirit belong to him as Spirit's reflection.

I found it truly satisfying to discover that Christian Science defines God as Mind, as well as Life, Truth, and Love. This was an entirely new concept to me. I could now perceive how God is omniscient, omnipotent, and omnipresent intelligence, filling all space. In looking further into this religion, I found it also teaches that God is man's *only* Mind. Man, being the expression, or idea, of this perfect Mind, is without fault, and this understanding exterminates error. Mrs. Eddy says in the Christian Science textbook, "Self-seeking, envy, passion, pride, hatred, and revenge are cast out by the divine Mind which heals disease."²

Erroneous thinking and belief in a mind separate from God bring inharmony in forms of moral weakness, sickness, poverty, and despair. The remedy is to realize that divine Mind alone governs man. The recognition of this fact gives the power to put out inharmonious thoughts, to "cast out devils"³ in accord with Jesus' command, so lessening evil for ourselves and the world.

Each thought can be examined to see whether it is Godlike or sinful. Evil, not having been created by Mind, can be rejected and ejected on the grounds of its unreality. The rejection of untrue views of ourselves and others, and the purifying of our thought from all false beliefs, will ultimately bring us to the spiritual consciousness expressed by Christ Jesus, which enabled him to heal the sick and the sinning. Then we, like Jesus, will see the God-created man, sinless and incorporeal, possessing and expressing the divine attributes alone.

From a human standpoint we may have to put much effort and persistent striving into our task of casting out the "logs" of unlovely traits of character. But we do not have to be dismayed by the seeming enormity of this task. No one, for instance, could clear a forest of timber by chopping down all the trees at one blow. Our strength will come from God as we persevere with patience and persistence, little by little removing the obstructions—which, after all, are only false beliefs about God and the true man. The Bible tells us, "God is my strength and power: and he maketh my way perfect."⁴

We can be encouraged by the realization that our real nature is spiritual and unchangeable, including such qualities as joy, health, wisdom, purity, spiritual understanding. It is this understanding that removes mental obstructions.

What are some of the "logs" that stand in our way and prevent us from seeing the perfect man of God's creating? It would seem that self-righteousness and materiality are great barriers to spiritual progress. Jesus also drew attention to some of the other faults that plague humanity, such as anger, hate, lust, unkind criticism. We can put these traits out and replace them with the qualities of meekness, mercy, purity, peace, and love; and in this purifying process we will find more and more good coming into our experience. Then, understanding man's spiritual nature more clearly ourselves, we can help humanity by healing as Jesus did.

Ridding ourselves of wrong concepts—which delude us into believing we are miserable sinners saddled with all sorts of imperfections—and putting Godlike qualities into practice will eventually enable us to reach that Christlike purity of thought which heals instantaneously.

In *Science and Health* Mrs. Eddy writes, "If you are yourself lost in the belief and fear of disease or sin, and if, knowing the remedy, you fail to use the energies of Mind in your own behalf, you can exercise little or no power for others' help."⁵ And she goes on to quote the biblical verse about the mote and the beam.

The fact is that man's spirituality and perfection are unalterable and eternal, and no material imperfections can reverse this fact. Casting out the erroneous concept of our individuality—which would have us believe we are mortal beings existing apart from God

—allows man's true spiritual identity as Mind's idea to shine forth.

God's man has no mortal habits. He is not bad-tempered, envious, or hateful, but is kind, peaceful, bearing witness to the "altogether lovely" nature of his creator. The abandonment of human faults causes no loss but that of the illusory barriers such faults appear to erect between man and God, and in their place we find we possess the ever-present qualities of wholesomeness, harmony, and true happiness.

We can get busy now, use "the energies of Mind" in clearing those "logs" away, and cast out the beliefs of material sense so that our true selfhood, as well as that of our brother man, may be revealed.

¹ Matt. 7:5; ² *Science and Health*, p. 445; ³ Matt. 10:8; ⁴ II Sam. 22:33; ⁵ *Science and Health*, p. 455.

I Asked for Christian Science Treatment . . .

BEVERLY MILGRAM BOWLES

. . . and then what? As the patient, what was my part? (Prayerful healing work was being undertaken at my request on my behalf by a practitioner listed in *The Christian Science Journal*.) A flood of answers came swiftly to my thought.

• I could be obedient to whatever I was asked to study and ponder. In this case I was invited to study the definition in *Science and Health* of the word "wilderness" and to try to see this trial as, in Mrs. Eddy's words, "the vestibule in which a material sense of things disappears, and spiritual sense unfolds the great facts of existence."¹ I also studied a verse from that week's Lesson-Sermon, found in the *Christian Science Quarterly*, stating God's promise to His children to provide guidance and supply in even the most

unpromising situations: "I will even make a way in the wilderness, and rivers in the desert."² Deliverance from all seeming evil is assured, I reasoned, and rejoiced in this thought.

- I could actively support the effectiveness of the practitioner's work by being willing for the prayerful reasoning to uncover and destroy whatever ungodlike lies about myself were imposing themselves upon my consciousness. I knew that Christian Science treatment is orderly, thorough, inspired, fruitful, and it results not only in physical freedom but in profound and long-lasting inspiration for both patient and practitioner. This has to be, because the activity of God's spiritual law governs everyone involved. Healing is always the inevitable result of illumined thought that recognizes clearly the allness of God, good.

- I could mentally insist that discouragement, self-pity, pain, fear, skepticism, and doubt—all just aliases for mortal mind, or animal magnetism—could not distract my thought from the true, spiritual facts of myself.

- I could strive to see that it isn't a matter of practitioner speaking to patient, and patient just listening to practitioner. Rather, it's a matter of *both* practitioner and patient listening to God, the only Mind there is, the only source of accurate information about spiritual man there ever could be. God does all the knowing, and we reflect this knowing activity. God, divine Mind, knows every single thing there is to know about our real, spiritual perfection. His very knowing is what sustains our absolute and eternal state of well-being, our real health. Christ Jesus proved these spiritual facts for himself and for others.

- I did all these things, then found myself thinking very firmly, "I simply do not believe in the activity of evil of any kind." I reasoned that disease is totally unreal for myself and all others because it is not caused by God. Disease is not a real physical condition, a group of symptoms, or a pattern of evolving stages waiting to happen. It may seem to be a temporary inconvenience; but really disease is just a phony belief looking for someone to believe in it. "What nonsense!" I said aloud. "I'll not be that believer!"

- I earnestly and gratefully loved the qualities of calmness, joy, and spiritual preparedness in Christian Science practitioners and

teachers around the world and felt gratitude for their constant support of the truth. And I loved Mrs. Eddy for her wisdom in establishing the Science of Christianity as a healing religion. This swiftly extended to my silently expressing gratitude for all the Christian Science Reading Rooms, havens from the storms of false material beliefs, and for the Christian Science churches, societies, and college organizations. For a long time I sat appreciating the various avenues of help available to everyone seeking healing through Science, including each one of the periodicals. I was again impressed and grateful for this endless outpouring of love from all over the world coming portal-to-portal to our home. What priceless treasures these periodicals are!

A friend once reminded me that Christian Science treatment cannot always be a solo. It often must be a duet, practitioner and patient both happily and enthusiastically participating in the healing work—which is simply to grasp the allness of God and the nothingness of evil. That, indeed, is making beautiful music together.

The inevitable result of this experience? A harmonious concert of spiritual growth; and—of course—healing.

¹ *Science and Health*, p. 597; ² Isa. 43:19.

MORNING OF A HEALING

Awake—

to a sure dominion,
a wholeness.

Limitations, disregarded and detached, are erased.

On to reality,

timeless and constant—
Always.

Principle is good: We walk with Love unbroken.

MELINDA DODGE MOREHARDT



On Your Mark, Get Set, Grow!

John Ozanne, Jr.

Over the loudspeaker the voice called out, "All runners for the 440 relay report to your starting post!"

My knees were trembling so badly I could hardly walk. It was the most miserable time of my life. Fear made me so tense I felt I could hardly move, much less run a race; I was literally scared stiff!

As I walked to the starting post, my thoughts drifted back to one of the discussions we had had in my Christian Science Sunday School class. We'd talked about expressing the qualities of God in athletics. In anything we do we should strive to express the qualities of God. Just as a sunbeam is one with the sun, so we are one with God and exist to show forth God's qualities. Running is an expression of rhythm, grace, and strength. Nervousness seemed to be limiting these qualities in me and preventing my full expression of God.

Then I remembered Mrs. Eddy's statement, "Man is not matter; he is not made up of brain, blood, bones, and other material elements. . . . Man is idea, the image, of Love; he is not physique."¹ Before I knew it, I was completely healed of the nervousness. We got the signal to be off, and as a result of my turning to God, I ran the best race I had all year.

¹ *Science and Health*, p. 475.

Self-will: How to Overcome It

ROSALIE B. TREWORGY

One day as a mother was studying her Christian Science books, her daughter came into the room. They had a discussion, but not an altogether harmonious one because the mother did not say what the daughter wanted her to say. The daughter, very displeased, left, slamming the door so hard that the whole room seemed to shake. The mother looked down at the copy of *Science and Health* by Mrs. Eddy, lying in her lap, and read these words: "Undisturbed amid the jarring testimony of the material senses, Science, still enthroned, is unfolding to mortals the immutable, harmonious, divine Principle,—is unfolding Life and the universe, ever present and eternal."¹

"Undisturbed amid the jarring testimony of the material senses"! This statement was so appropriate, the mother began laughing, and that broke her sense of inharmony. It melted before the realization that the material senses were not telling the truth. She saw that both she and her daughter were reflections of God. Since God is infinite, All, God's will is the only will. Therefore there could be no self-willed daughter or self-willed mother. There could be no clash of wills at all.

In the spiritual interpretation of the Lord's Prayer in *Science and Health* Mrs. Eddy gives the spiritual sense of the line "Thy will be done in earth, as it is in heaven" as "*Enable us to know,—as in heaven, so on earth,—God is omnipotent, supreme.*"² Instead of just asking God to do His will in our experience or in community or world affairs, we can ask Him to show us that His will is unceasingly being done, because He is supreme. God's omnipotence is the only real power ruling in our affairs and in the world. Human self-will is not a power and cannot interfere with God's undeviating government when we realize He is supreme.

Isn't this a wonderful answer to discordant relationships in families, in jobs, in schools, in churches, everywhere? Frequently it seems another person is very self-willed. He isn't doing what we think he ought to do or saying what we want to hear him say. But can it be our own will that wants him to do a certain thing—our will that wants him to do it a certain way? Often when we think someone else is expressing self-will, it is really our own self-will reacting.

Self-will, like the talking serpent in the allegory of Eden, can be subtle. We need to learn to recognize it. When we are visiting friends or relatives and helping in the kitchen, do we tell them how to slice the tomatoes for the salad? Working on a committee, do we feel our way is the only way to carry out the work? These instances, though minor, illustrate self-will.

Knowing that God, Mind, reflects His intelligence in all His creation helps us see that others have the intelligence to slice tomatoes and to express useful ideas. While there may be times when we feel guided to correct another, giving up the belief that we have a private intelligence and that we need to tell others what to do is truly recognizing that God is infinite Mind and is expressing His intelligence in everyone.

Several times the Bible implies that God is All, as in this verse: "Know therefore this day, and consider it in thine heart, that the Lord he is God in heaven above, and upon the earth beneath: there is none else."³ Christian Science declares that God is all that really is; there is nothing else. His creation is His manifestation or expression. The fifth plank in the Platform of Christian Science conveys this thought. Mrs. Eddy writes: "The Scriptures imply that God is All-in-all. From this it follows that nothing possesses reality nor existence except the divine Mind and His ideas. The Scriptures also declare that God is Spirit. Therefore in Spirit all is harmony, and there can be no discord; all is Life, and there is no death. Everything in God's universe expresses Him."⁴

There can be no other cause if God is All. Spirit is causing its creation to be spiritual; Love is causing its creation to be pure, gentle, and peaceful. Soul is causing its creation to be harmonious. Principle is causing its creation to be orderly. Life is causing its creation to be whole and strong and joyful. Truth is

causing its creation to be perfect. Mind is causing its creation to be intelligent and wise.

Every idea of Mind reflects infinite Mind and so is governed perfectly and harmoniously. When we try to control the actions of others, we are trying, though perhaps unintentionally, to usurp Mind's government. The belief that one has superior intelligence and so must impose his will on others is the reverse of the belief that one lacks the intelligence to think clearly and make decisions. Both of these beliefs are false; both of them are denials of one infinite Mind.

During the night before his crucifixion Christ Jesus prayed to be spared the experience. According to the Gospel of Matthew he prayed, "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt." And again, "O my Father, if this cup may not pass away from me, except I drink it, thy will be done."⁵ He was truly willing to do God's will, and this made possible the resurrection.

Most of our experiences with self-will may involve little things. But as we detect and overcome self-will in our own daily habits, actions, and conversation, it will be easier to overcome it in the big things.

To help others overcome self-will, we must really overcome it in ourselves. We must see clearly that God is governing all His children harmoniously; and then, even if things don't work out the way we think they should, let God do the governing.

¹ *Science and Health*, p. 306; ² *ibid.*, p. 17; ³ Deut. 4:39; ⁴ *Science and Health*, p. 331; ⁵ Matt. 26:39, 42.

*Teach me to do thy will; for thou art
my God: thy spirit is good;
lead me into the land of uprightness.*

Psalms 143:10

Editorials



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Upgrading Mental Treatment

From the moment of our first steady glimpse of scientific truth, we can begin to heal.

Nevertheless, healing in Christian Science signifies much more than recovery from sickness. It involves a quickened spiritual sense and more concordant living, less self-concern and more universal love. When we rest our spiritual treatment on more scientific grounds, both the narrow and broad aims of Christian Science healing are gained more directly and spontaneously. New students of Science and experienced ones can heal more effectively. To be progressive, we ought not to be content with present results of our prayer or treatment, no matter how worthwhile.

Alternatively to oversatisfaction with present healing abilities, we're sometimes drawn to feeling we once healed better than we do now.

No matter what our achievement of spiritual healing, there's a continuing need, always, for treatment to be upgraded and more metaphysically based.

At heart, healing ability is never a personal talent but a spiritual capacity. Our aim, then, should never be to recover healing power we may believe we've lost. It's to realize that this ability never was a personal possession to be lost and then regained, like an umbrella left on a train. It's always Spirit that heals. And Spirit heals by maintaining itself as the substance of all real being. The significance of this is that man, Spirit's idea, is neither healer nor healed.

Mary Baker Eddy was an extraordinarily successful healer. She so clearly perceived the true nature of God and man. Her own healing of injuries from a fall feared to be fatal and her notable

healing work for others were of prime importance in developing and establishing Christian Science. In part answer to the inquiry "*Has Mrs. Eddy lost her power to heal?*" she responds, as if in astonishment at doubt of her healing ability: "Has the sun forgotten to shine, and the planets to revolve around it? Who is it that discovered, demonstrated, and teaches Christian Science? That one, whoever it be, does understand something of what cannot be lost."¹ Christ Jesus' consistent healing shows that healing power can no more be lost or weakened than infinite Spirit, its source, can be lost or diminished. Spirit's healing force is total because Spirit is Love. Love heals because Love even now is the only reality wherever there may seem to be opposites to Love—forms of disease or sin.

Can we be better healers? Yes, to human sense we can be, through reasoning that more closely approximates divine Mind's knowing and through living that more closely patterns divine being. But to pure spiritual sense, no, we can't be better healers. Healing is not a personalized power but the action, seen humanly, of the never-changing, never-waning divine power and presence. This power can't ebb or flow, flare or flicker out, be lost or found. It isn't that kind of thing. To be better healers, we need to subordinate this worthiest of aims to the reality of Spirit's impersonal presence. The Bible states this omnipresence unequivocally: "The Lord he is God in heaven above, and upon the earth beneath: there is none else."²

The quicker or instantaneous healing we long to do is more likely to occur as we feel less personal about our role in practicing Christian Science. In explanation of the Master's effectiveness Mrs. Eddy tells us: "It was the consummate naturalness of Truth in the mind of Jesus, that made his healing easy and instantaneous. Jesus regarded good as the normal state of man, and evil as the abnormal; holiness, life, and health as the better representatives of God than sin, disease, and death."³ It's the Christ, Truth, rather than Christian Scientists, that dispels beliefs of suffering. To put too much emphasis on a division between instantaneous healing and non-instantaneous healing overlooks "the consummate naturalness of Truth." Such emphasis may make our work harder, more labored, and less the joyful event spiritual healing ought to be and really is.

Such misleading divisions as the foregoing, along with anxious comparisons between our healing effectiveness and someone else's,

have no place in spiritual consciousness. The divine consciousness includes no comparisons, no qualified successes, no discouraging failures, no wavering spirituality, no "was better yesterday," no "will be better tomorrow." The divine consciousness includes, is, immutable, diseaseless, perfect being.

Mental treatment in Christian Science, though essentially simple, is a vast and deep subject. Its scope is unlimited. It doesn't lend itself to casual generalizations or glib advice. Its authoritative coverage is in Mrs. Eddy's *Science and Health with Key to the Scriptures*, especially the chapter "Christian Science Practice." But it can be fairly said that all practicing Christian Scientists can upgrade their own mental treatment. An essential element in doing this is cultivating a sharper understanding of the metaphysics of healing. Above all, it demands our placing healing unquestioningly in the embrace of divine Mind. Mrs. Eddy says, "That individual is the best healer who asserts himself the least, and thus becomes a transparency for the divine Mind, who is the only physician; the divine Mind is the scientific healer."⁴

GEOFFREY J. BARRATT

¹ *Miscellaneous Writings*, p. 54; ² Deut. 4:39; ³ *Mis.*, p. 200; ⁴ *ibid.*, p. 59.

Death Must Become Obsolete

Some of his own people, even those who had believed in him, were outraged when Christ Jesus told them, "If a man keep my saying, he shall never see death."¹ Were not Abraham and the prophets dead, they asked? Was Jesus setting himself up to be greater than the patriarchs? Did he really believe he could guarantee immortality when the great spiritual seers could not?

But the truth taught by the master Christian, which results in proving that Life is everlasting and there is no death, had come to light gradually over the centuries. The unfolding revelation of true being emerges with Abraham's glimpse of the one God. Step by step the understanding of infinite, divine Life, or Mind, as the creative Principle, or source, of all being became fuller and clearer

through the vision and demonstration of successive prophets and enlightened men and women. Finally, it culminated in Jesus' own inspired teaching, and his proof, when he emerged from the tomb, of death's powerlessness to destroy life.

This momentous happening not only proved in a particular instance that there is no death. It showed that everyone in any age can demonstrate immortality for themselves, since Jesus said, "He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."²

The Master's assurance is still valid: that anyone who keeps his saying "shall never see death." Christianity makes death obsolete because it teaches the supremacy of God, eternal Life. Mrs. Eddy says, "This statement of our Master is true, and remains to be demonstrated; for it is the ultimatum of Christian Science"; then she continues with the warning, "but this immortal saying can never be tested or proven true upon a false premise, such as the mortal belief that soul is in body, and life and intelligence are in matter."³ Christianity teaches that God is infinite Spirit, and so it must follow that man, God's offspring, is spiritual, not material; infinite, not finite; immortal, not mortal.

The immortality of man's being is found in Spirit through spiritualization of thought. "The last enemy," death, is only conclusively destroyed after mankind's other enemies—the false belief in evil, the expression of ungodlike, mortal habits of character, and the indulgence of material sense—are abandoned in favor of the pure manifestation of divine Spirit.

God is infinite good, and His reflection, man and the universe, is wholly and eternally good. God is Spirit, and the entire universe including man is spiritual. God is Soul, and true substance and identity are the manifestation of Soul, recognized through spiritual sense. God is immortal Life, and all His ideas are immortal, active, and alive, not mortal and subject to deterioration and death. They exist forever, without beginning and without end. Death is an error of belief. It cannot be truly seen or experienced.

We can begin now to demonstrate these facts by insisting on our God-given right always to see and express Life and Love—or, to put it the other way round, never to witness or experience death or evil.

In order to be consistent in our fidelity to Life, we need to be

perpetually alert. Arguments of death are often so persuasive that one is easily caught up in them. Junior may demand comfort as he displays the limp body of a beloved pet; a friend may expect congratulations when he exhibits some trophy of a hunting expedition; a neighbor may require support at a time of bereavement. Are we alert to remember, "If a man keep my saying, he shall never see death," and thereby keep free from the mesmerism?

A resolute rejection of the false belief of death in any form and the refusal to see its evidence—even while one is expressing compassion in warmest terms—may be very important both to oneself and to others. It could be the beginning of a stalwart stand for the eternality of Life that would enable us to overcome death as Jesus did in cases where life has apparently terminated.

The people "laughed him to scorn" when Jesus refused to believe that a child had died. "The maid is not dead, but sleepeth"⁴ was his contention, and he proved his point by raising her again to the expression of normal consciousness and vitality. The ability to reverse the evidence of the senses was achieved through his certainty of the omnipresence of God, divine Life. This understanding enabled him to be strong in his denial of the arguments of the absence of life and to comfort the family as no words of sympathy ever could.

Such power to overcome death is available to us all, and we should not shut our thought to the possibility of overcoming "the last enemy" in the most practical way. On the contrary, we should strive to attain that continuous conviction of God's presence—Life's presence—which will eventually render death obsolete.

Death is always a lie, never the truth. It is always an enemy, never a friend. Death is fundamentally nothing more than a false belief that must be resisted, not welcomed or even tolerated. Man, the manifestation or reflection of God, Mind, is forever alive—all God's creations are alive and lively. They are immortal. They must forever fulfill the purpose for which God created them. As Mrs. Eddy says in *Science and Health*: "Life is eternal. We should find this out, and begin the demonstration thereof."⁵

NAOMI PRICE

¹ John 8:51; ² 14:12; ³ *Miscellaneous Writings*, p. 76; ⁴ Matt. 9:24; ⁵ *Science and Health*, p. 246.

"The cheapening of America"

"In the United States, the homegrown industry of sex and violence has reached a state of overkill rightly bringing warnings from those who can hardly be called nice Nellies. . . . No longer is it enough to watch the cheapening of America wash over the land as if it didn't really matter. There must be a resensitizing of the nation to the humane view of life that destroys the market for its dehumanized opposite."

(From a Christian Science Monitor Editorial, September 25, 1975)

You can help the Monitor help mankind.

The Monitor's purpose in exposing wrongdoing is to encourage mankind to resist evil in any form and to embrace a higher view of humanity.

Won't you support the Monitor in this healing effort? You can place your subscription today through your local Circulation Representative or Christian Science Reading Room.

World newspaper for the family.

**THE
CHRISTIAN
SCIENCE
MONITOR®**

Testimonies of Christian Science Healing

I attended college and roomed with a very loving girl who was liked by all her classmates. She was a Christian Scientist, the only one I had met at that time. We both married after graduation. I had three boys and she had a daughter and a son.

There was an extreme shortage of teachers in 1960, and I was called upon to fill a primary grade vacancy. It was while I was in this position that many problems were presented to me and I was to prove Mary Baker Eddy's statement, "Trials are proofs of God's care" (*Science and Health with Key to the Scriptures*, p. 66). I became ill and was forced to stop teaching in the middle of the year. I was sent to a hospital but nothing seemed to help. A year later I learned the doctor had told my husband I had multiple sclerosis and there was no known cure. My youngest son was two years old at this time. I was sent home with strict orders to rest at regular intervals of three hours.

One Saturday night the doorbell rang, and there stood my good college friend with two *Sentinels* in her hand. I said, "Betty, if I had your religion, I'm sure I would get better." She had never mentioned Christian Science to me before, but she came to me the minute she heard of my need and offered the most precious gift in the world. Her response to me was, "Anyone can study this religion." Two days later a letter came inviting me to stay with her mother while my friend was away teaching. What a wonderful experience that was! Her mother had been a Scientist many years. She pointed out to me what Mrs. Eddy observed at one time (*Miscellaneous Writings*, p. 6), "At present the majority of the acute

The statements made in these testimonies with regard to healings have been carefully verified. The original testimonies and their respective verifications are on file for reference with The Christian Science Publishing Society.—THE EDITORS.

cases are given to the M.D.'s, and only those cases that are pronounced incurable are passed over to the Scientist."

When I first began the study of Christian Science, I wrote to a dear woman who had been completely healed of multiple sclerosis through Christian Science. It was the first time I had heard of anyone's being healed of this supposedly incurable disease. Her patient answering of my questions was most encouraging. At different times three Christian Science practitioners gave me prayerful treatment. The work of each of them added to my spiritual conviction and helped to bring about my complete healing.

I have joined the local branch Church of Christ, Scientist, and The Mother Church, and have had class instruction. Our youngest son is seventeen and has joined the branch church. I have been teaching Sunday School and have had the opportunity of picking up my grandchildren, the children of my eldest son, and taking them to Christian Science Sunday School with me.

I am very grateful for Christ Jesus, the Master, and for Mrs. Eddy, who followed faithfully his teaching, for the help of dear Scientist friends, and for the whole Christian Science movement.

It has been fifteen years since my complete healing took place. I am able to do everything freely as any normal person does.

Words are inadequate to express the gratitude to God that dwells in my heart.

(Mrs.) MILDRED C. WINTERS
Rainier, Oregon



I am so grateful for the healing experiences I have received since coming back to the study of Christian Science. Although I attended a Christian Science Sunday School as a child and had all my needs met in the home through prayer and spiritual means, I never had to do the prayerful work or get the understanding myself. As I grew older and married, I strayed away. In times of extreme stress I would turn to a Christian Science practitioner for help, which was always forthcoming.

A specific healing during this time was of one of our boys when he was just a baby. He was born prematurely and had a hernia.

One night when the child was crying and this difficulty was very evident, I called a practitioner. She told me to put the child down in his bed and leave him. Although this was hard for me to do, I was obedient and went back to my bed. I sang to myself, several times, Mrs. Eddy's hymn, "Mother's Evening Prayer" (*Christian Science Hymnal*, No. 207). It begins:

O gentle presence, peace and joy and power;
 O Life divine, that owns each waiting hour,
 Thou Love that guards the nestling's faltering flight!
 Keep Thou my child on upward wing tonight.

The child quieted immediately. There was never any evidence of the hernia after that, even when our son was given required physical examinations for sports at school. I have always been very grateful for this healing because it showed me our Father's loving care for His little ones.

Though this was a beautiful demonstration of Christian Science healing, I still turned to material means for satisfaction and remedy. I was smoking and drinking more and more because our circle of friends was doing it. It seemed to be the thing to do to be in the "in" crowd. After several years my life became less and less satisfying and my illnesses more and more frequent. At that time I was going regularly to a physician for shots for anemia. Finally I reasoned that when I had lived as a Christian Scientist and trusted God for all my needs I didn't have these problems.

Soon, in extreme need with a severe respiratory infection, I turned to my books—the Bible, and *Science and Health* by Mrs. Eddy. I read this statement in *Science and Health* (p. 340): "The First Commandment is my favorite text. It demonstrates Christian Science." With this in mind I turned to God and promised that if I could demonstrate Science, prove it, and be healed, I would turn to Christian Science wholeheartedly, knowing it was the right way for me.

I kept the first commandment foremost in thought. As Mrs. Eddy expresses it (*ibid.*, p. 467): "The first demand of this Science is, 'Thou shalt have no other gods before me.' This *me* is Spirit. Therefore the command means this: Thou shalt have no intelligence, no life, no substance, no truth, no love, but that which is spiritual." Also

Christ Jesus' admonition was much in my thought (Matt. 6:24): "No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon." By the end of three days I was completely healed of the respiratory infection, and with it went the desire for any further smoking and drinking. They had been habits of fifteen years or more.

The big dividend from this was that a month later my husband, who was not a Christian Scientist at that time, lost all desire for cigarettes. He has not smoked anything since. My own healing of all the symptoms of anemia followed.

Approximately six months later our son, who had been taken to the Christian Science Sunday School by his grandmother since he was six years old, dislocated his shoulder while playing ice hockey. With his dad holding him, while still on the ice, he knew the truth—that he was the perfect child of God—and the shoulder went back into place. There was a weakness in the arm for a few days, but with the prayer of a practitioner the weakness was healed. This quick healing refuted all claims of the school authorities, who had felt that X rays and strapping were needed and that it would be two weeks before the boy would be able to use his arm. He was back riding his bike and taking physical education classes before the week was out.

Because of this beautiful healing, two weeks later I was able through prayer to heal the twin of this boy when he injured his shoulder in a gym class and was taken to a school physician. The boy called me on the phone to tell me of the situation before he was examined. I acknowledged that he was a child of God. Immediately I stated to him, "Nothing is wrong. Error is nothing, no thing; therefore there can be no claim of injury or material laws." For the school's protection the boy had to be examined by the school physician. His words were, "Nothing is wrong."

Since that time we have had countless healings and experiences of God's help in our family. My husband, when going through a severe trial, turned to Christian Science for help because he had witnessed the boys' healings. He has become a sincere student of Science. I am thankful that we belong to a branch church and

The Mother Church and that our four children have all attended Sunday School. I am profoundly grateful for class instruction, as it has opened new horizons and made my unity with God and His creation understandable. Christ Jesus' example inspires us. Mrs. Eddy was so consecrated to God and His revelation. My desire is that I, too, may live my life as unswervingly as she did.

(Mrs.) NANCY JANE FOWLER
Cazenovia, New York

I am Nancy Fowler's husband, and can verify the healings as she states them. I am very grateful for the healings I have had since turning to Christian Science, but more important is the regeneration that has taken place in my life. The protection and the unfoldment of God's goodness that I have witnessed are a continual source of great joy. I, too, am thankful for being a member of The Mother Church and a branch Church of Christ, Scientist.

CURTIS R. FOWLER



The company I work for recently built and shipped an electro-pneumatic instrumentation panel to a large pulp and paper mill in Texas, some twenty-two hundred miles from our plant in the Pacific Northwest. Since the internal components of the panel were somewhat delicate, every effort was made with the trucking company's representative to ensure the panel would be transported on a truck with air-ride suspension, instead of conventional springs. An air-ride suspension system transmits very little road vibration to the load and is similar to a household moving van, commonly used to ship delicate loads.

Our customer phoned a few days later to say the panel had arrived with no damage, judging from the exterior of the plywood crate. It was scheduled to be put into storage until the mill was temporarily shut down, and then it would be installed in a few days time. I requested he remove some of the crating and inspect the panel, but he declined, feeling it was unnecessary. After we hung up, I felt impelled to call him back and firmly request that he inspect the panel immediately. Within an hour he phoned me

saying the panel had been badly damaged internally. The repair would take weeks and cost several thousand dollars. Had this been discovered at the time the mill was shut down, there would not have been sufficient time to make the needed repairs and install the control panel.

Because of the distance and time involved, return of the panel for repairs was not practical. I asked that photographs be taken, the local claims department of the trucking company be notified, and, after inspection, the repairs be made on the unit. The costs would be deducted from our bill by the customer, and we would seek a settlement with the trucking company.

To my surprise, a few days later the claim for damages with the trucking company was flatly refused, the prior discussions and work with the company's representative denied. In the weeks that followed, many phone calls were made and much correspondence changed hands, but the results were many untruths and no payment. I felt responsible for the situation. Evidences of pressure soon appeared, and good prayerful work in Science became a necessity. During this time my stand was on honesty, integrity, and ethics; but the problem seemed to be a representative who was not truthful and an unethical company. In the meantime, the costs for repairs to the panel had been deducted from our invoice by the customer.

Finally, the decision was made for me to contact an experienced transportation lawyer, which I did. After reviewing the facts he said our firm had a good case, but at the level of the court we would be suing in, the costs to prosecute would exceed the claim. He offered to write the trucking company, and a few days later I received a copy of the letter. What I thought would be a strong threatening letter turned out to be one stated in the mildest of terms. The letter was not acknowledged.

When I was leaving the attorney's office, he said, "I don't know what more you could have done for that man"—referring to the trucking company's representative. This thought kept coming back to me. I asked myself what more I could do for him. The answer soon became obvious. I could stop accepting the evil of yesterday that suggested a lying, deceitful man and an unethical company. This truly was my part, to allow only those thoughts into my con-

sciousness that reflected God's qualities, and to see His image, truthful, governed by divine Principle, always harmonious.

It became clear I had become so engrossed in standing for what I thought was ethics that many negative suggestions had been accepted. These had to go, and they did, replaced by unwavering trust in the absolute perfection of man and of all God's ideas—no negatives. Mrs. Eddy states this so well when she says (*The First Church of Christ, Scientist, and Miscellany*, p. 242), "Christian Science is absolute; it is neither behind the point of perfection nor advancing towards it; it is at this point and must be practised therefrom."

In a few days the weighty feelings of false responsibility and pressure left. The mortal, material testimony simply had no influence on my thought, although the evidence had not changed. I was at peace and very grateful for Christian Science.

One afternoon some weeks later, and completely unannounced, the trucking company representative I had dealt with appeared at my office with a check for payment in full!

This has been a most valuable experience for me. Not only does it clearly show that "Truth is affirmative, and confers harmony" (*Science and Health* by Mrs. Eddy, p. 418), but to me it has proved that to be effective every facet of our treatment must, in the last analysis, be affirmative. False responsibility, pressure, criticism, self-punishment, and any other material evidence so-called mortal mind may try to deceive us with can only allude to its native state of nothingness and so dissolve when confronted with a clear understanding of man as the spiritual idea of God, at one with His Maker—*now!*

BRUCE H. BAXTER
Beaverton, Oregon



Christian Science has blessed my life for over sixty years. I wish to express gratitude for this wonderful demonstrable religion established by Mrs. Eddy, which finds its authority in the Bible and Christ Jesus' teachings.

The outstanding healing I received recently prompts me to write

this testimony in the hope it will help others whose healing may seem slow in coming. As one holds fast to the truth as taught in Christian Science, healing will come, for divine Love never fails.

For five years I had an ugly growth on my nose. During this time I had treatment from several Christian Science practitioners. One day I heard a teacher of Christian Science tell a group of Christian Scientists the story of a little boy who was also a Christian Scientist. The boy's dog was run over by a car. As the child knelt over the injured pet, he said to a man who appeared on the scene, "Please, Mister, don't see what you are looking at." This was very helpful to me when the disfigurement seemed so real. I refused to believe the evidence of the material senses.

The tenacity of the difficulty made me study more. Perhaps if I had received a quick healing I would not have learned so much of Truth. I studied the Lesson-Sermon in the *Christian Science Quarterly* sometimes several times a day. I am grateful for help from practitioners, church services, participation on committees, inspiration from playing and singing the hymns, and time spent in a Christian Science Reading Room almost daily. After five years I was healed.

I realized this when my hairdresser asked me if I had had an operation on my nose, since the condition was cleared up. I told her, "Only the operation of Truth as we know it in Christian Science." She seemed amazed that no material means had been used.

This healing came shortly after a practitioner told me to study this passage by Mrs. Eddy (*Science and Health*, p. 207): "There is but one primal cause. Therefore there can be no effect from any other cause, and there can be no reality in aught which does not proceed from this great and only cause." From then on the condition began to disappear and soon was completely healed. I am grateful that my husband, who is not a Christian Scientist, allowed me to rely on my religion and did not insist that I go to a doctor.

I am grateful to have attended a Christian Science Sunday School; also for class instruction from a fine teacher.

(Mrs.) THELMA S. WASIK
Glenview, Illinois

Words of Current Interest



Related to the Lesson-Sermon
for August 29, 1976, in the
CHRISTIAN SCIENCE QUARTERLY
Subject: Christ Jesus

Smoking flax (Isa. 42:3)

The early Hebrews used flax to form the wicks needed for their lamps and candles. The light might flicker but would not be put out. Moffatt suggests, "a wick that dimly burns."

Lord, now lettest thou thy servant depart in peace (Luke 2:29)

The image is that of a slave being discharged by his master. Goodspeed has, "Now, Master, you will let your slave go free/In peace, as you promised."

Recovering of sight to the blind, to set at liberty them that are bruised (Luke 4:18)

Luke's quotation of Isa. 61:1 is mainly drawn from the Septuagint, or Greek text of the Old Testament translated at Alexan-

dria, which here evidently followed a slightly different spelling of the Hebrew. Luke's quotation also includes an excerpt from the Septuagint text of Isa. 58:6, which reads literally, "set the bruised free." (The King James Version has, "let the oppressed go free.")

The acceptable year of the Lord (Luke 4:19)

Goodspeed translates, "the year of the Lord's favor." Baird observes, "... now is the time of God's fulfillment. Now is the acceptable time; all of the prophetic expectations reach their accomplishment in Jesus Christ."

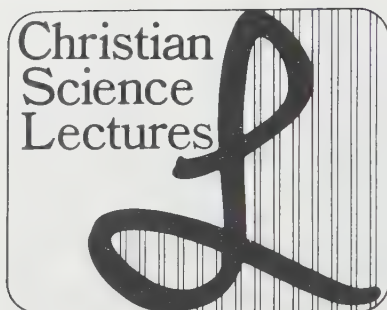
Ye also, as lively stones, are built up a spiritual house (I Pet. 2:5)

The New English Bible has, "Come, and let yourselves be built, as living stones, into a spiritual temple."

God, who commanded the light to shine out of darkness, hath shined in our hearts (II Cor. 4:6)

This appears in the Greek as a direct quotation, presumably of Gen. 1:3, with the addition of "darkness" from the preceding verse. *The New English Bible* translates, "The same God who said, 'Out of darkness let light shine', has caused his light to shine within us, to give the light of revelation—the revelation of the glory of God in the face of Jesus Christ."

The Lesson-Sermons contain Bible references (King James Version) and correlative passages from "Science and Health with Key to the Scriptures" by Mary Baker Eddy.



Everyone is cordially invited to these free lectures.

‡ Indicates Children's Room available during lectures. Details should be obtained locally.

ENGLAND

DORSET—Ferndown: Ferndown County Middle School, Church Rd., 3 p.m., Sat., Sept. 25.‡ "Where in the World Is God?" (McClain)

FEDERAL REPUBLIC OF GERMANY

Backnang: Church, 67 Stuttgarter Str., 4 p.m., Sat., Sept. 18.*

Freiburg (Breisgau): Kaufhaussaal am Münsterplatz, 4 p.m., Sat., Sept. 25.*

Munich (Second): Sophiensaal, Oberfinanzdirektion, 6 Sophienstr., 7.30 p.m., Tues., Sept. 21.*

Neustadt/Weinstrasse: Goethesaal, 1 Bahnhofstr., Saalbau, 8 p.m., Fri., Sept. 24.*

Sindelfingen: Stadthalle, Kleinersaal, entrance Schillerstr., 5 p.m., Sun., Sept. 19.*

* In German. "The Spiritual Basis of Health" (Ferris)

NETHERLANDS

Utrecht: Pieterskerk, 5 Pieterskerkhof, 4 p.m., Sun., Sept. 19. In English. Dutch translation 2.30 p.m. "Why Spiritual Healing?" (McClain)

HONG KONG

Hong Kong: See local notice for place and hour. Thurs., Oct. 21. In English with Chinese translation. "The Science of God's Law" (Curtis)

JAPAN

Tokyo: Church, 10-2 Nagatacho 1-chome, Chiyoda-ku. See local notice for hour. Tues., Oct. 12.‡ In English. Japanese translation will be read. "The Science of God's Law" (Curtis)

AUSTRALIA

QUEENSLAND—Brisbane (Third): Church, Warry St. and St. Paul's Ter., Fortitude Valley, 8 p.m., Fri., Oct. 22.‡ "There Is Only One Real Ego" (Correll)

Toowoomba: Queensland Country Women's Association, 263 Margaret St., 3 p.m., Sat., Oct. 23. "Spiritual Knowledge and Self-control" (Correll)

VICTORIA—Melbourne (Third): Caulfield Arts Centre, 441 Inkerman Rd., bet. Orrong Rd. and Hotham St., North Caulfield, 8.15 p.m., Fri., Oct. 8.‡ "Spiritual Knowledge and Self-control" (Correll)

Mitcham (First, Ringwood): Mitcham High School Assembly Hall, Mitcham Rd., 8.15 p.m., Thurs., Oct. 14. "There Is Only One Real Ego" (Correll)

BRAZIL

Porto Alegre: See local notice for place and hour. Sun., Oct. 17. In Portuguese. "Liberation Through Christ" (Anwandter)

Rio de Janeiro: See local notice for place and hour. Tues., Oct. 12. In Portuguese. "Liberation Through Christ" (Anwandter)

São Paulo (First): Biblioteca Municipal, 7 p.m., Fri., Oct. 15. In English. In Portuguese 8.30 p.m. "Liberation Through Christ" (Anwandter)

UNITED STATES

(Week of August 29 to September 4)

FLORIDA—St. Petersburg (First): Church, 253 Fifth Ave., N., 3 p.m., Sun., Aug. 29.‡ "Prayer-Power" (Crichlow)

CHRISTIAN SCIENCE LECTURES

INDIANA—Boonville: Junior High, N. Fifth and Gum Sts., 3 p.m., Sun., Aug. 29.
"Let There Be Light" (Williams)

MICHIGAN—Charlevoix: Elementary School, Division St., 8 p.m., Tues., Aug. 31.
"Finding God's Direction" (Holmes)

Grand Blanc (joint lecture): First Congregational United Church of Christ, 6494 Belsay, 4 p.m., Sun., Aug. 29.‡
"Who Runs Your Life?" (Holmes)

WASHINGTON—Bellevue: Holiday Inn, 11211 Main St., 3 p.m., Sun., Aug. 29.‡
"Get Your Life in Balance" (Driver)

[These lectures are given by members of the Board of Lectureship of The Mother Church, The First Church of Christ, Scientist, in Boston, Massachusetts, U.S.A.]

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Members of The Mother Church are invited to write articles and poems for the periodicals. Convincing testimonies of healing are also welcomed from members, as well as from those who have not yet joined The Mother Church.

Specific guidelines may be obtained by writing The Christian Science Publishing Society, Journal, Sentinel, and Herald Editorial Department, One Norway Street, Boston, MA, U.S.A. 02115. Manuscripts should be sent to the same address.

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Science and Health with Key to the Scriptures by Mary Baker Eddy is the textbook of Christian Science. It is available in English, in English-Braille, and in Danish, Dutch, French, German, Greek, Indonesian, Italian, Japanese, Norwegian, Polish, Portuguese, Russian, Spanish, and Swedish. It may be obtained from any Christian Science Reading Room, or ordered directly from MISS FRANCES C. CARLSON, Publisher's Agent, One Norway Street, Boston, MA, U.S.A. 02115.

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Contributions may be addressed to me at any time.

Marc Engeler, Treasurer
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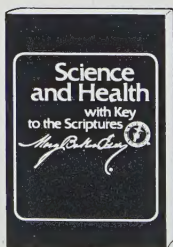
The feeling that God can heal you

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